

# Curriculum Journey: BTEC Sport

**Year 10**

Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
<b>Big Question:</b> What are the types of provision in sport and physical activity?	<b>Big Question:</b> What are the different types of technology involved in sport and physical activity?	<b>Big Question:</b> How can I plan and deliver an effective warm up?	<b>Big Question:</b> How can I prepare participants to take part in sport and physical activity?	<b>Big Question:</b> What are the different components of fitness and their uses in different activities?	<b>Big Question:</b> What are the roles and responsibilities of officials?
<b>Powerful Knowledge</b>	<b>Powerful Knowledge</b>	<b>Powerful Knowledge</b>	<b>Powerful Knowledge</b>	<b>Powerful Knowledge</b>	<b>Powerful Knowledge</b>
<b>Component 1: Preparing Participants to Take Part in Sport and Physical Activity</b>				<b>Component 2: Taking Part and Improving Other Participants Sporting Performance</b>	
<b>Learning Aim A:</b> Explore Types and Provision of Sport and Physical Activity for Different Types of Participant	<b>Learning Aim B:</b> Examine Equipment and Technology Required for Participants to use when Taking Part in Sport and Physical Activity	<b>Learning Aim C:</b> Be able to Prepare Participants to take part in Sport and Physical Activity	<b>Task 1:</b> Increasing participation in regular sport or physical activity for different types of sports participants	<b>Learning Aim A:</b> Understand how Different Components of Fitness are used in Different Physical Activities	<b>LAB2:</b> Officials in sport
<b>LAA1:</b> Types and providers of sport and physical activity	<b>LAB1:</b> Different types of sports clothing and equipment required for participation in sport and physical activity	<b>LAC1:</b> Planning a warm up	<b>Task 2:</b> Equipment and technology required for participants to use when taking part in sport and physical activity	<b>LAA1:</b> Components of physical fitness	<b>LAB3:</b> Rules and regulations in sport
<b>LAA2:</b> Types and needs of sports and physical activity participants	<b>LAB2:</b> Different types of technology and their benefits to improve sport and physical activity participation performance	<b>LAC2:</b> Adapting a warm up for different categories of participants and different types of physical activities	<b>Task 3 Part 1:</b> Preparing participants to take part in sport and physical activity	<b>LAA2:</b> Components of skill related fitness	<b>Learning Aim C:</b> Demonstrate ways to Improve Participants Sporting Techniques
<b>LAA3:</b> Barriers to participation in sport and	<b>LAB3:</b> The limitations of using technology in sport and physical activity	<b>LAC3:</b> Delivering a warm up to prepare participants for physical activity	<b>Task 3 Part 2:</b> Preparing participants to take part in sport and physical activity	<b>Learning Aim B:</b> Be able to Participate in Sport and	<b>LAC1:</b> Planning drills and conditioned practices to

physical activity for different types of participant				Understand the Roles and Responsibilities of Officials	develop participants' sporting skills
<b>LAA4:</b> Methods to address barriers to participation in sport and physical activity for different types of participant				<b>LAB1:</b> Techniques, strategies and fitness required for different sports	<b>LAC2:</b> Drills to improve sporting performance
<b>Key End-Points Assessed</b>	<b>Key End-Points Assessed</b>	<b>Key End-Points Assessed</b>	<b>Key End-Points Assessed</b>	<b>Key End-Points Assessed</b>	<b>Key End-Points Assessed</b>
<p>Why are there different sporting provisions</p> <p>Understanding the needs of others when taking part in physical activity</p> <p>Knowing the barriers and methods of overcoming them.</p>	<p>Different clothing and equipment requirements for each sport</p> <p>Advantages and disadvantages to having technology in sport and physical activity</p>	<p>Understanding different methods of pulse raisers, mobilisers and sport specific practices</p> <p>Applying a pulse raiser, mobiliser and sport specific practice</p>	<p>All tasks are marked by the class teacher who also completes an individualised purple feedback sheet to reflect on in preparation for component 2 <b>(30% of GCSE Grade)</b></p>	<p>What the health related components of fitness are</p> <p>What the skill related components of fitness are</p> <p>Development of personal sport which will be assessed further in component 2</p>	<p>Understanding the roles of officials</p> <p>Understanding the responsibilities of officials</p> <p>Planning and delivering the main body of a lesson of the students choice</p>

## Year 11

Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
<b>Big Question:</b> How can I improve my own and others' sporting performance?	<b>Big Question:</b> How can I develop fitness to improve other participants' performance in sport?	<b>Big Question:</b> What is the importance in fitness and fitness testing?	<b>Big Question:</b> How can I set up and complete my own fitness test on multiple components of fitness?	<b>Big Question:</b> How do I design a fitness training programme and what should I include?	Students would have completed their exam and have left for their summer holidays.
<b>Powerful Knowledge</b>	<b>Powerful Knowledge</b>	<b>Powerful Knowledge</b>	<b>Powerful Knowledge</b>	<b>Powerful Knowledge</b>	
<b>Component 2: Taking Part and Improving Other Participants Sporting Performance</b>	<b>Component 3: Developing Fitness to Improve Other Participants Performance in Sport</b>				
<b>Task 1:</b> Components of fitness	<b>Learning Aim A:</b> Explore the importance of fitness	<b>LAA1:</b> The importance of fitness for successful participation in sport	<b>LAC1:</b> Requirements for each of the following fitness training methods	<b>LAD1:</b> Personal information to aid training fitness programme design <b>LAD2:</b> Personal programme design	
<b>Task 2:</b> Participating in sport	<b>Learning Aim B:</b> Investigate Fitness Testing	<b>LAA2:</b> Fitness training principles	<b>LAC2:</b> Fitness training methods for physical components of fitness <b>LAC3:</b> Fitness training methods for skill-related components of fitness	<b>LAD3:</b> Motivational techniques for fitness programming	
<b>Task 3:</b> Officiating in sport	<b>Learning Aim C:</b> Investigate Fitness Training Methods	<b>LAA3:</b> Exercise intensity and how it can be determined	<b>LAC4:</b> Additional requirements for each fitness training method <b>LAC5:</b> Provision for taking part in fitness training methods	<b>Exam Practice</b>	
<b>Task 4:</b> Improving participants' sports skills	<b>Learning Aim D:</b> Investigate Fitness Programming to Improve Performance	<b>LAB1:</b> Importance of fitness testing and requirements for administration of each fitness test <b>LAB2:</b> Fitness test methods	<b>LAC6:</b> The effects of long-term fitness training on the body systems		

		for components of physical fitness			
		<b>LAB3:</b> Fitness test methods for components of skill-related fitness <b>LAB4:</b> Interpretation of fitness test results			
<b>Key End-Points Assessed</b>	<b>Key End-Points Assessed</b>	<b>Key End-Points Assessed</b>	<b>Key End-Points Assessed</b>	<b>Key End-Points Assessed</b>	
All tasks are marked by the class teacher who also completes an individualised purple feedback sheet. <b>(30% of GCSE Grade)</b>	Component 3: First attempt at exam. <b>(40% of GCSE Grade)</b>	Component 3: Students will be given back their results and a decision will be made if they require a retake  Students will understand how different components of fitness are tested  Using results to compare against normative data	Students will understand how to practically set up different components of fitness tests  Understanding how to improve results through training over a 6 week period	Understand how to create an effective training programme  Students who are completing the exam retake will sit a new exam. <b>(40% of GCSE Grade)</b>	